If you answered **YES** to these questions, we invite you to attend the Anxiety Treatment and Research Centre’s family education group.

The ATRC recognizes that an anxiety disorder affects not only the *individual* but also the *family*. The **purpose** of this educational group is to provide a friendly and safe group opportunity to connect and educate family members on the symptoms, treatments, medications, community resources and coping strategies for individuals with anxiety disorders.

**When:** Tuesday, December 14th, 4:00-5:30pm  
**Where:** Zoom - this session is being offered virtually via secure video platform

<table>
<thead>
<tr>
<th>Schedule</th>
<th>Description</th>
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<tr>
<td>4:00-4:15pm</td>
<td>Introductions and Welcome</td>
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| 4:15-5:00pm | • Answers to family members’ questions about ATRC services  
What does the ATRC do?  
What’s involved in Cognitive Behaviour Therapy (CBT) for different anxiety disorders?  
What are additional services available after treatment, at the ATRC, St. Joe’s and Community? |
| 5:00-5:30pm | • Open discussion  
ATRC clinicians will answer your questions about your loved one’s treatment, anxiety disorders and available resources for you and your loved one at West 5th |

**Please register by Monday December 13th, 2020**  
**Register by calling 905 522-1155. ext 35377**

Questions? Call Jennifer Robinson, RSW 905 522-1155 ext. 39861